



County



Connection

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Special points of interest:

- 5/16: Benefits Fair at the Parks & Rec.
- 5/25: Pay Day
- 6/22: Pay Day

Calendar of Events

May

7: BOC meet @ 9am

13: Mother's Day

16: Benefits Fair

21: BOC meet @
6:30pm

28: Memorial Day-
No Work

June

4: BOC meet @ 9am

17: Father's Day

18: BOC meet @
6:30pm

21: Summer Begins

Thought for May:

To dream of the person you would like to be is to waste the person you are.

Anonymous

Thought for June:

If no one heeds your call, go forth alone.

Maharishi
Mahesh Yogi



Bizarre Holidays:

5/4: Orange Juice Day

5/20: Pick Strawberries Day

6/10: Iced Tea Day

6/23: Soap Opera Day

Welcome New Employees!!

Karen Fitzpatrick
Library

Deborah Ritchie
DSS



Avoiding Outdoor Allergens

By: Paul Lehnert and Ralph Poore

www.cigna.com



Allergic rhinitis causes symptoms of sneezing, congestion, and a runny nose. You can control these symptoms with medicine and by avoiding the things that cause them. If you are allergic to outdoor allergens, here are a few tips on how to take precautions.

To avoid allergens, you need to know what you are allergic to. If you are allergic to outdoor pollens, you may have symptoms only at certain times of the year. If you have symptoms in:

- Spring, you are probably allergic to tree pollens.
- Summer, you are probably allergic to grass and weed pollens.
- Late summer and fall, you probably are allergic to ragweed or other weed pollens, such as tumbleweed or sage.

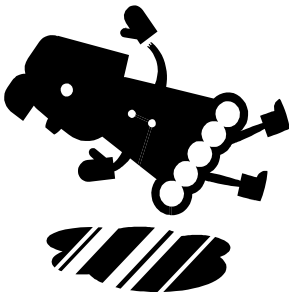
The following steps can help you avoid pollens:

- Stay inside when pollen levels are high.
- Keep windows and doors closed, both during the day and night.
- Mow your grass often. Use antihistamines before you mow, and wear a pollen or dust mask while you mow.
- Avoid bringing pollen back into your home when you go outdoors.
 1. Take a shower and change clothing after your work and play outside.
 2. Dry your clothes in a dryer; do not dry them outside on a clothesline.

Preventing Same-Level Slips/Trips/Falls

By: Randy Cranfill NCIC Representative

Some things to look for include:



- Unstable, loose, uneven or worn floor surfaces;
- Obstacles blocking people's clear sight of walkways;
- People either not having or not wearing non-slip footwear;
- Floor surfaces which becomes slippery when wet;
- Low levels of light making it difficult to see;
- Slippery, wet, muddy or oily floor surfaces;
- Objects in the path of people.

Examples of what can be done to stop occurrences from happening:

- Floor surfaces are kept uncluttered;
- Floor surfaces are even, stable and always kept in good condition;
- Non-slip floor surfaces are installed and maintained;
- Replace or repair lighting;
- Messes on floors immediately cleaned up and action taken to prevent any further spills;
- Ramps are made with a gentle slope and are filled with handrails.



Preventing slips, trips, and falls can easily be done when everyone takes ownership.



- The Caswell 4-H Summer Brochure is out. Caswell 4-H would like to announce their 2007 Summer Fun. There are summer programming available for youth from ages 5 – 18. Please contact the 4-H office at 694-4158 for more information.
- The Health Risk Assessment Gift Card winners were: Kaye Cobb, Pat Mise, Tammy Riggs, Wanda Smith, and Kathy Upchurch.
- The Benefits Fair will be held May 16th at the Caswell County Parks and Rec. Attendees include: 401(k), AFLAC, American General, and Ameritas. The Schedule is as follows:
 - 9 – 10am - Presentations
 - 10:00-11:45am - Walk-in
 - 11:45–12:45 pm - Break
 - 1–2pm - Presentations
 - 2:00–3:45pm - Walk-in
- An employee suggestion box has been placed in the main hall of the Historic Courthouse under the Wellness/Safety Information Board.

Employee Birthdays

May

Jerri Bowles	911
Gaither Clayton	EMS
Kaye Cobb	Health
Spencer Farrish	Insp.
Karen Fitzpatrick	Library
Mable Gunter	Jail
Jennifer Holt	DSS
Bobby Johnson	Sheriff
Danny Johnson	Parks
Jose Martinez	Parks
Donna Pointer	Sen. Cen.
Arnold Rogers	Meals
Jennifer Satterfield	Health
Angel Soyars	Sheriff
Dallas Stephens	Sheriff
Harry Watlington	Lake
Whitney Williams	Parks
Jo Wilson	Sheriff

June

Brandi Boaz	Coop
Della Brown	Health
Bill Carter	Gov't
Sherri Desormeaux	Deeds
Brody Dixon	Health
Hilary Dodson	Parks
Sharon Ferguson	Health
Keith Garner	EMS
Katina Graves	Finance
Herbert Hagood	Lake
Garland Halbrook	Sheriff
Nate Hall	Gov't
Curtis Harrelson	Parks
Joseph Harris	Health
Marthann Hooper	Health
Bernard Jefferys	CDOT
Sylvia Johnson	Tax
Evelyn Massey	DSS

Mark Matherly	EMS
Jonathan Miles	EMS
Pat Mise	DSS
Patricia Poteat	Library
Marie Robinson	DSS
David Shatterly	DSS
Bob Shaver	Admin
Lynn Simpson	DSS
Lorraine Snyder	Aging
Erica Standfield	Parks
Kevin Vernon	EMS
John Wade	CDOT
Brenda Walters	Health
Lisa Webster	DSS
Kathy Zimmerman	DSS